

What is claimed is:

1. An backrest comprising:

a back member having an upper and lower region;

a frame member;

5 a sacral support member having at least one end connected to one of the frame member and the back member and an opposite free end, wherein said sacral support member supports the back member at said lower region thereof;

10 a fulcrum member moveably disposed between a portion of said sacral support member and one of said frame member and said back member, wherein said fulcrum member is moveable toward and away from said free end of said sacral support member.

15 2. The backrest of claim 1 wherein said at least one end of said sacral support member is connected to said frame member and wherein said fulcrum member is moveably disposed between said portion of said sacral support member and said frame member.

20 3. The backrest of claim 2 wherein said sacral support member comprises a first support member flexibly connected to a second support member at said free end of said sacral support member.

25 4. The backrest of claim 3 wherein said first support member is fixedly connected to said frame member and wherein said fulcrum member is moveably mounted on said frame member and engages said first support member.

30 5. The backrest of claim 4 wherein said second support member has an end opposite said free end supported by a lumbar support member.

6. The backrest of claim 5 wherein said end of said second support member is slidably supported by said lumbar support member.

5 7. The backrest of claim 5 wherein said lumbar support member supports said backrest above said sacral support.

8. The backrest of claim 1 wherein at least a center portion of said lower region of said back member is flexible, wherein said sacral support member supports said back member at said center portion of said lower region.

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9. An backrest comprising:

a back member having a lower region and a lumbar region positioned above said lower region;

a frame member;

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a lumbar support member connected to said back member and supporting said back member at said lumbar region;

a sacral support member having at least one end connected to the frame member and an opposite free end, wherein said sacral support member supports the back member at said lower region thereof;

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a fulcrum member moveably disposed between a portion of said sacral support member and said frame member, wherein said fulcrum member is moveable toward and away from said free end of said sacral support member.

25 10. The backrest of claim 9 wherein said sacral support member comprises a first support member flexibly connected to a second support member at said free end of said sacral support member, and wherein said first support member is connected to said frame and said second support member is coupled to said lumbar support.

11. The backrest of claim 10 wherein said second support member is slidably supported by said lumbar support member.

12. A method for adjusting a backrest comprising:

5 engaging a lower region of a back member with a sacral support member having a free end and a cantilevered length;
engaging said sacral support member with a fulcrum member; and
moving said fulcrum member toward and away from said free end of
said sacral support member so as to thereby shorten and length said
10 cantilevered length of said sacral support member.

13. The method of claim 12 wherein said sacral support member is connected to a frame member, and wherein said fulcrum member is moveably connected to said frame member.

14. The method of claim 12 wherein said sacral support member comprises a first support member flexibly connected to a second support member at said free end of said sacral support member.

15. The method of claim 14 wherein said first support member comprises an end opposite said free end fixedly connected to said frame and said second support member comprises an end opposite said free end supported by a lumbar support member.

16. The method of claim 15 wherein said end of said second support member is slidably supported by said lumbar support.

17. The method of claim 15 wherein said lumbar support supports said backrest above said sacral support.